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In 3 HH
Housekeepers' Chat

Monday, November 19, 1928

NOT FOR PUBLICATION

Subject: "Honey and Its Uses." Approved by Bureau of Home Economics,
U. S. D. A.

Bulletin available: Honey and Its Uses in the Home.

---ooOoo---

I have a special message for you this morning, before I begin my program proper. The message is from Sunny, the little boy whose leg was broken, some weeks ago, in an automobile accident. Sunny wants me to thank all the children who have written him letters, and to tell them that he is getting along fine. He expects to have the plaster cast removed from his leg in about a week.

Sunny can get off the bed alone now. He has a very queer way of getting around, but he gets there, by holding his injured leg straight out, and hopping about on his hands and one foot. He plays he is the Little Lamé Prince, and that he is flying on his magic cloak. I have to be the fairy godmother, in this game. Rather hard on me sometimes, for my Little Lamé Prince expects a lot, of a fairy godmother.

I'm glad Sunny got so many letters, because while he was answering those, and making up stories about the little boys and girls who wrote to him, he was happy and satisfied.

Two letters came this morning, one from a youngster who lives on McClellan Street, in Tama, Iowa. Says this boy, whose name is Dick:

"Dear Sunny: I guess you don't know me and I don't know you. Mother heard about your breaking your leg in two places, and she thought it would be nice to write to you. I will be nine next Tuesday. I am in the fourth grade at school. I hope you get well soon, so you can play football. We have lots of fun here in Tama, playing football. Tama played three games, and got beat every one."

That's the kind of letter Sunny enjoys. Here's another, from the mother of Phyllis, a three-and-a-half-year-old who said, when she heard about Sunny, that she was so sorry for that little boy. Phyllis, who lives in Newhall, Iowa, sent Sunny an original drawing, of Santa Claus.

Which reminds me that the holiday season grows closer, and closer, and I, procrastinating as usual, do not have my Christmas shopping even started. Have you? Guess I'll have to take a tip from the Menu Specialist, and the Recipe

Lady, and wrap some of my jellies and conserves in Christmas attire. Uncle Ebenezer, who keeps bees, says I may have some of his honey, to send as Christmas gifts. Not such a bad idea, ^{from} an impractical person like Uncle Ebenezer. He says he'd rather have a nice jar of honey, himself, than a crocheted necktie, if anybody wants to know. Which makes me think of a Christmas card I saw in a magazine ad the other day. Here is the card:

THIS CHRISTMAS
please omit
hand-painted necktie racks,
embroidered suspenders, autograph albums,
crocheted bedroom slippers.
Thanking you kindly,
Mr. and Mrs. Gordon Van Dyne.

That's not such a bad idea, either, to let people know your pet aversions. I might add, that I have enough letter openers now to last me a lifetime.

Now let's get down to business, and write the menu. Pencils and notebooks, please. Ready? Broiled Ham; Scalloped apples; Buttered Salsify, or Oyster Plant; and a dessert of Waffles and Honey. That's peculiar. Looks as if the Menu Specialist had a premonition that I meant to talk about honey today.

I think you'll like the Scalloped Apples, served hot, with the Broiled Ham. Get tart apples, if you can, and those of a kind which will hold their shape well, when cooked. Peel, core, and slice the apples; place a layer of them in a baking dish, sprinkle with sugar, and dot with butter. Then put in another layer of apples. Keep on until the dish is heaping full. Press the apples down. Put in as many as possible. Cover the dish, and cook the apples slowly, for from one to one and one-half hours, in the oven. As the apples cook down, during the first half hour, you might add a few more. Fifteen minutes before they are to be served, remove the cover of the baking dish, and spread buttered bread crumbs over the top of the apples. Return to the oven, and let the crumbs become golden brown, and crisp. The apples themselves will be in whole pieces, and almost transparent.

Have you ever served a dessert of Waffles and Honey? It's a mighty good combination, and not necessarily limited to breakfast. In case you do not have a cookbook, and want a waffle recipe, here it is. Five ingredients, for waffles:

1 1/2 cups milk	3 teaspoons baking powder
2 cups sifted soft-wheat flour	1 1/2 tablespoons sugar, and
3 tablespoons fat	3/4 teaspoon salt
1 or 2 eggs	

Five ingredients. Check them, please: (Repeat ingredients.)

Mix the dry ingredients. Add the milk and egg yolks, then the melted fat. Lastly, fold in the beaten whites of eggs. Have the waffle iron hot enough to brown the waffle quickly, and well greased unless it is the electrically heated aluminum kind. In that case add an extra tablespoon of melted shortening to the batter.

Now let's repeat the menu: Broiled Ham; Hot scalloped Apples; Buttered Salsify, or Oyster Plant; and Waffles and Honey.

I think we have time enough left to list a few ways of using honey. Of course the simplest way is to serve it, like jam or sirup, with bread, breakfast cereals, boiled rice, pancakes, and so forth.

When it is to be used in place of sirup, some people dilute honey by mixing it with hot water. This makes the honey less sweet, and also easier to pour. Do you know that honey may be used for sweetening lemonade, and other fruit drinks?

Some kinds of honey, especially that made from alfalfa flowers, have a creamy consistency. This thick honey is particularly good for spreads and for use in sandwich fillings. Or, if you wish, you can give any kind of strained honey this thick, creamy consistency by beating it with a fork or an egg beater.

Here's a list of several ways to serve honey:

First, Sandwich fillings. A delicious filling is made of chopped butternuts or black walnuts, with just enough honey to act as a binder. Cream cheese and honey, with or without chopped nuts, is also very good.

Second, Honey and nuts, served on ice cream, or on a cottage pudding.

Third, Sweet potatoes candied with honey, instead of with sugar sirup.

Fourth, Honey butter with waffles or hot cakes. Honey butter ^{is} made by creaming together butter and strained honey.

Fifth, Honey as the sweetening in cold drinks, or in custards, puddings, and fruit sauces.

That's all the ways I can think of just now. If you know other good ways of using honey, I wish you'd send them to me.

Tomorrow: "Selection of Furs."
